



SPECIAL ISSUE

IU GERIATRICS

NEWS FROM THE INDIANA UNIVERSITY GERIATRICS PROGRAM
& THE INDIANA UNIVERSITY CENTER FOR AGING RESEARCH

INDIANA UNIVERSITY CENTER FOR AGING RESEARCH

2004 - 2005 ANNUAL REPORT TO PRESIDENT HERBERT

GROWING THE NEXT GENERATION

Research organizations such as the IU Center for Aging Research are highly dependent on the creative energy, enthusiasm, and talents of junior faculty. One clear sign of the health of any research center is the quality of the next generation. The future of the organization hinges on these young minds not only because they will inhabit the future, but also because they are key to the professional satisfaction and productivity of our more experienced faculty. Unfortunately, junior faculty with an interest in aging research are as rare as hens' teeth and there is a large demand for these scientists at a national level. It takes at least a quarter century of formal education before a scientist is competitive for a faculty position and another 5-10 years before a faculty scientist is prepared for an independent research career in academic medicine. All along this pathway are multiple competing career opportunities of great appeal and great need. These competing opportunities include teaching, clinical care, administration, and other forms of service. Thus, when a young faculty member interested in aging research arrives in our care, we make an enormous effort to shepherd them through the final hurdles. Perhaps the best way to accomplish this important task is through mentoring.

Consistent with a history of formal mentorship dating back to the origins of the Division of General Internal Medicine and Geriatrics

and the Regenstrief Institute, Inc., IU-CAR has adopted a structured program of group mentorship that has been well-received by our new faculty.

A mentor has multiple roles and responsibilities. These include supervising, providing feedback on performance, acting as advocate at the local and national level, maintaining an environment for creativity, opening doors to resources and expertise, cheerleading, goal-setting, and role-modeling for professional relationships, leadership, and family-career balance. Mentoring, however, is not a one-way street. Mentoring works best when the relationship is one of mutual respect and benefit. Young faculty help us excel.



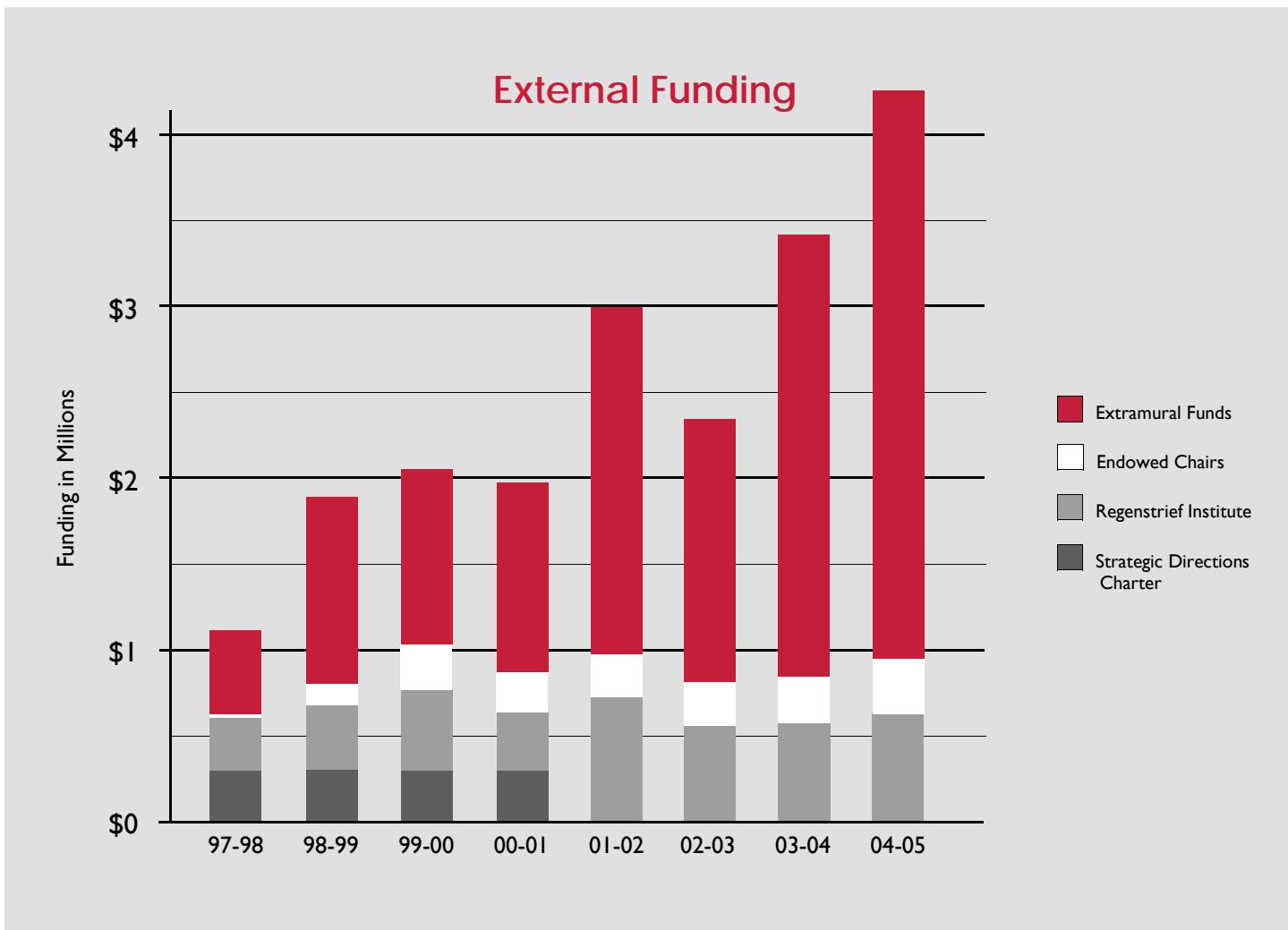
Chris Callahan, middle, leads weekly professional development seminars with faculty scientists Kevin Terrell, Malaz Boustani, Michael Weiner, and Teresa Damush

This year's annual report highlights some of the wonderful mentoring relationships that will help shape the future of IU-CAR. In addition to an impressive growth in our extramural funding and publications over the past seven years, we also want to celebrate the growth of the next generation. We have some of the most talented young faculty-scientists in the country right here in IU-CAR. We would like to find a few more!

Christopher M. Callahan, MD
Cornelius & Yvonne Pettinga Professor
in Aging Research
Research Scientist, Regenstrief Institute
October 1, 2005

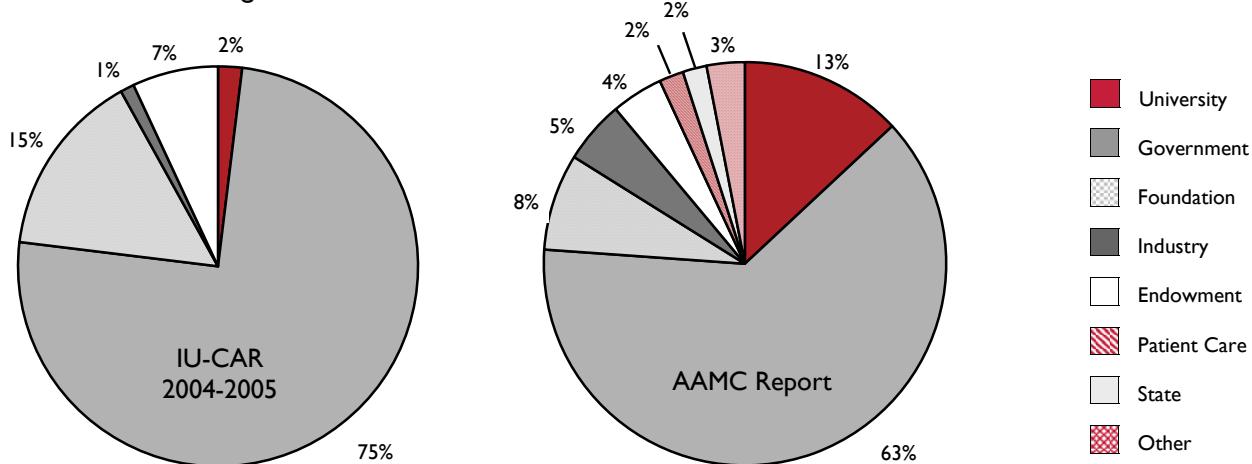


INDIANA
UNIVERSITY
SCHOOL OF
MEDICINE



Sources of Center Funding

The IU Center for Aging Research submitted data as one of 761 research centers at 57 academic institutions invited to participate in a 2004 survey conducted by the Association of American Medical Colleges. The purpose of the survey was to determine the size, scope, and range of activities at centers and institutes affiliated with research-intensive medical schools and their parent universities in the United States. The results were published in "Characteristics of Research Centers and Institutes at US Medical Schools and Universities" which is available online at www.aamc.org.



Vision, Plan, Environment Key to Weiner's Success



Clem McDonald, Tom Inui, Michael Weiner

People make a place.

"It's a rule of thumb that I keep close in our line of work," states Michael Weiner, MD, MPH. As a scientist in the Center for Aging Research, Dr. Weiner credits the organization's leaders with having a keen understanding of the elements essential for developing junior faculty into talented, productive, collaborative, and happy investigators.

Those elements contributed to his successful career award, a K23 proposal "Recommendations of In-patient Geriatrics Consultation" funded by the National Institute on

Aging in 2003. The research component supports Dr. Weiner's interest in measuring and improving aspects of implementation of geriatrics consultants' recommendations for hospitalized older adults. K23 mentors are Drs. Chris Callahan and Steve Counsell from IU-CAR, and Drs. Tom Inui and Clem McDonald from Regenstrief Institute.

For young faculty members and their mentors, professional development is a specific weekly agenda item whether in one-on-one or group sessions. Dr. Weiner attests to IU-CAR's ability to balance Center-related goals with the mentee's need for individual milestones—he recently was promoted to associate professor of medicine.

"Our resources are excellent, and our organization is strong," offers Dr. Weiner. "I don't think I could formulate a stronger vision, plan, or environment for professional development."

Terrell Strikes Gold in Advice, Attention, Direction

Being named a 2004 Dennis W. Jahnigen Career Development Scholar was an individual research milestone for Kevin Terrell, DO, MS. But he credits an interdisciplinary team of mentors for his early success.

"It's a young discipline," offers Dr. Terrell of his field, emergency medicine. "It is predominantly a clinical discipline with relatively few established clinical investigators."

As a result, many emergency medicine (EM) junior faculty seek mentors outside their department. Enter Drs. Chris Callahan and Doug Miller from IU-CAR who teamed with Drs. Rolly McGrath and Carey Chisholm from EM to form Kevin's mentor panel.

"Dr. Miller had collaborated with emergency physicians," notes Dr. Terrell. "The combination of his understanding the complexities of the emergency department and his ex-



Kevin Terrell and Doug Miller

pertise in health services research makes him the ideal mentor for me."

With other senior IU-CAR leaders such as Dr. Siu Hui helping to develop research projects and providing advice on identifying campus and national experts, Dr. Terrell feels as if he has "struck gold." He adds, "Career development is ingrained into the culture of IU-CAR. It's also inviting and effective."

Beeson's Boustani Values Think Tank



Chris Callahan and Malaz Boustani

Ask Malaz Boustani what helped him most in being named to the Beeson Scholar Class of 2005, and he swiftly answers, "the think tank."

He's referring not only to a group of mentors and colleagues but to an IU-CAR process that helped him transform an interest in cognition to a full-fledged Beeson proposal called "Enhancing Care for Hospitalized Older Adults with Cognitive Impairment." The project brings together research interests that include gero-informatics, improving the safety and quality of care for hospitalized older adults, and developing new models of care for common geriatric syndromes.

Dr. Boustani found face-to-face feedback and brainstorming sessions with colleagues—before beginning to write—the most fruitful part of developing his proposal, but he maintains the attention doesn't end there.

"IU-CAR assures you the presence of continuous feedback for your career," he adds, "and it's a program that is tuned to your individual needs."

Dr. Boustani, a geriatrician with a masters in public health, is the second IU recipient of a Paul B. Beeson Career Development Award in Aging Research. The first was his primary mentor, Dr. Chris Callahan in 1996. Drs. Steve Counsell and Hugh Hendrie are Beeson co-mentors.

Indiana University

Center for Aging Research

LEADERSHIP

Christopher M. Callahan, MD
Douglas K. Miller, MD

SCIENTISTS

Malaz A. Boustani, MD, MPH

 Daniel O. Clark, PhD

 Steven R. Counsell, MD

 Teresa M. Damush, PhD

Hugh C. Hendrie, MB, ChB, DSc

 Siu L. Hui, PhD

 Usha Subramanian, MD, MS

 Wanzhu Tu, PhD

 Michael Weiner, MD, MPH

Glenda R. Westmoreland, MD, MPH

STAFF

Gregory R. Abernathy, MD

 Dennis O. Benge, MBA

 Nathan Boyer, BS

Nancy Nienaber Buchanan, MA

 Maria Dibble, MS

 Bridget A. Fultz, MA

 Sharon Hopwood

 Stephanie Munger, BS

 Rashid Owoyele

 Anthony J. Perkins, MS

Gretchen D. Ricketts, BSW

 Kirk Riutta, MA

 Timothy E. Stump, MA

 Margo Wheeler, BS

IU GERIATRICS

is a publication of the

Indiana University Geriatrics Program

Steven R. Counsell, MD

Mary Elizabeth Mitchell Professor of Geriatrics

 Director of Geriatrics

Indiana University School of Medicine

 scounsel@iupui.edu

 317.630.7007

and the **Indiana University**

Center for Aging Research

Christopher M. Callahan, MD

 Cornelius & Yvonne Pettinga

 Professor in Aging Research

Director, IU Center for Aging Research

 ccallaha@iupui.edu

 317.630.7200

Editors: Nancy Nienaber Buchanan, MA

 & Kathy Frank, MSN, DNS

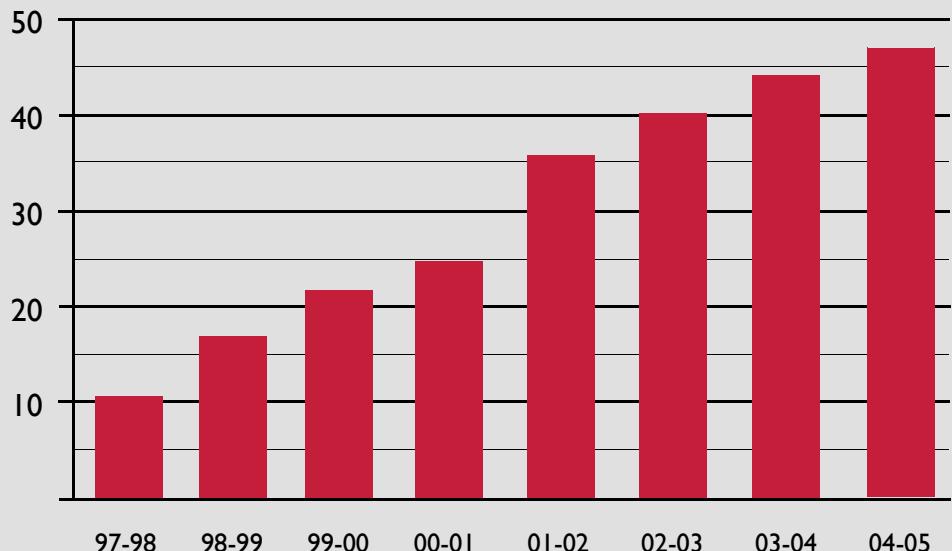
Page 3 photos by Tim Stump

Indiana University Geriatrics Program

1001 West 10th Street, WOP M200

Indianapolis, IN 46202

Core Scientists' Publications



Visit the Center for Aging Research website to find a list of our publications as well as information about the center, our investigators, and our research.

IUCAR.IU.EDU